

Description of National Motorcycle Training's

New Skill and Safety Practice Sessions

begin2ride (sessions 1, 2, & 3) and
continue2ride (250cc practice session + home practice on rental 250cc)

We provide the motorcycles and the helmets. All practice sessions are 3 hours long and are specifically designed to reduce risk and increase fun!

begin2ride

SESSION 1: Basic Motorcycling Skills

This session establishes the foundation skills, on which all other skills are built. We practice smooth take-offs, proper riding posture, and using the brakes for effective stopping. We will teach you a system for risk management that can save your life and increase the fun. Managing risk is crucial for your long term enjoyment of motorcycles.

Our only assumption is that you can already balance and pedal a bicycle. You will be taught proper riding posture, shifting and "finding" neutral. Mastery of the throttle roll-on, coordinated with clutch release, for getting underway smoothly, are primary objectives. We end this three hour riding session with practice using both brakes for effective stopping.

We recommend you complete Basic Motorcycling Skills before you schedule your written test at the DMV. You gain riding experience in this session, which helps you better understand and be more successful with the written test questions.

SESSION 2: Stability and Leaning Skills

We continue to practice the foundation skills that are so important to controlling the motorcycle. We then add the skills of maintaining stability through smooth throttle control. You will also have fun practicing techniques to confidently lean the motorcycle to control direction. Mastery of controlling direction and smooth speed adjustments for stability are primary objectives. Riding the weave exercise is a blast!

In this session we cover all the basic skills to control speed and direction. Every advanced skill is a combination of the skills practiced in this session.

SESSION 3: Combination Skills

In this session, we start combining the basic skills into a complete set of skills to control motorcycle speed and direction.

Combination Skills are the skills you need to ride any motorcycle with confidence and control. We recommend completing Combination Skills before you have your first motorcycle ride on the street.

The **begin2ride** program ends with **Session 3**, and you will receive a graduate card on completion of Session 3. These are all the skills used to control speed and direction, so make these skills "second nature" as quickly as you can!

continue2ride

continue2ride practice session with instructor: Street Skills

This session puts the reality into what it takes to manage your ride on the street! Can you use your signals while cornering and shifting? We will practice that! If you begin to run out of fuel, what to do. Can you maintain your space cushion in crossing traffic? We practice that too! Do you know the difference between a pre-ride check and motorcycle maintenance? We will show you!

We recommend you have completed the **written test** at the DMV for your learners permit before riding the continue2ride practice session with the instructor, however, you may attend without permit with instructors permission

You must have **completed the DMV written test** to participate in **1 week self study practice**, since this practice includes on-street riding.

On Street Practice (1 week rental of 250cc motorcycle):

Motorcycle Endorsement M or M1 required! Self Study. You ride the motorcycle on the street. The 250cc motorcycle is an appropriately sized motorcycle for your learners time. We know that riding in a new environment has an associated increase in risk. We know that riding a unfamiliar motorcycle has an associated increase in risk. The self study practice gives you the opportunity to take your first street rides on a familiar motorcycle.